



# Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Cardiac Rehab

*Jill Steen and Shawnee Wells, RN, Med Center Health Cardiac Rehab*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Med Center Health's cardiopulmonary rehabilitation services helps patients who have suffered a heart attack, been diagnosed with heart disease or are recovering from surgery get back to healthier lives safely and effectively.

[STEEN]

Cardiac rehab is an outpatient program. We've been certified since 2014 from the American Association of Cardiovascular and Pulmonary Rehab Programs. We are helping them learn to exercise safely, decrease their risk factors, help them decrease their chances of ever having to go back in the hospital again.

[WELLS]

After having such a big heart surgery or procedure, they may feel very debilitated at the time. And so, we can take someone who may be struggling in that and slowly over time build that strength back up so that they ultimately have the energy and ability to do the things that they want to do, and which increase their quality of life. We are very fortunate to have to have this program here locally. The more convenient it is for a patient, the more likely they are to complete it and to stick with it, and make those life-changing habits.

[STEEN]

They can also talk to their cardiologist or one of their physicians about the program, and if the doctor thinks that it's something that would be beneficial for them, then they would refer them to the program.

[MUSIC] [NARRATOR]

For more information, visit [MedCenterHealth.org](http://MedCenterHealth.org).

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